

# Excessive Heat

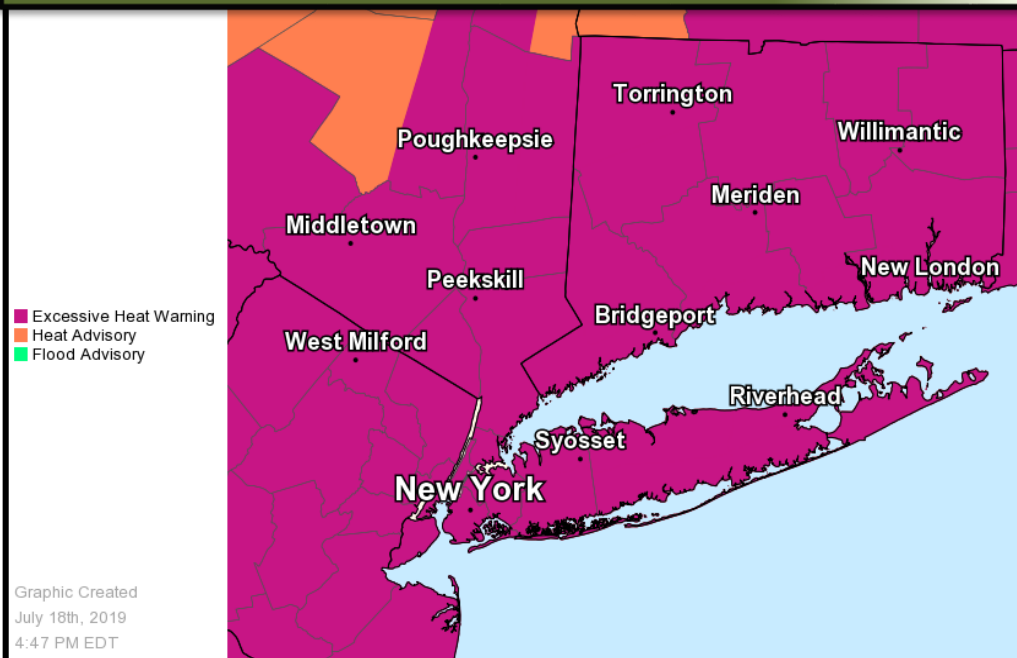
**Decision Support Briefing #4**  
**As of 5:00 PM July 18, 2019**

**Changes since last Briefing:**


**Excessive Heat Warning in effect for NE NJ, NYC and the Lower Hudson Valley on Friday, Heat Advisory for LI and Southern CT.**

**Excessive Heat Warning for entire area Saturday and Sunday**

## *Current Hazards*



# Main Points

Hazard	Impacts	Location	Timing
<b>Heat</b> 	<p>Extreme heat can cause illness and death among at-risk population who cannot stay cool.</p> <p>The excessive heat may quickly cause heat stress or heat stroke, especially during outdoor exertion or extended exposure.</p>	<p>NE NJ, NYC, and the Lower Hudson Valley- Excessive Heat Warning for Friday through Sunday</p> <p>Long Island and Southern CT- Heat Advisory for Friday into Friday Night, Excessive Heat Warning Saturday and Sunday.</p>	<p>Max heat Index values will range from:</p> <ul style="list-style-type: none"> <li>• 100 to 107 Fri</li> <li>• 105 to 115 Sat</li> <li>• 105 to 110 Sun</li> </ul> <p>Peak Heat Index Values will be between 2 and 5pm.</p>



# Summary of Greatest Impacts

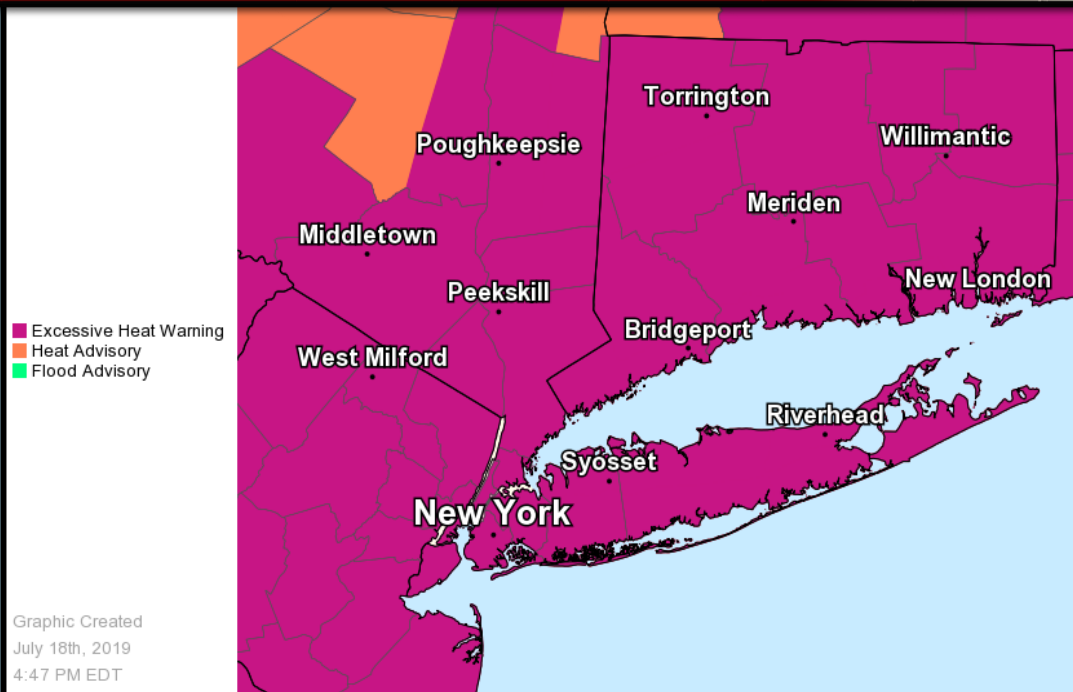
**Heat: Entire Tri-State Region**



# Excessive Heat Warning in Effect

**Excessive Heat Warning for NE NJ, NYC, and Lower Hudson Valley starting Friday.**  
**Excessive Heat Warning for the entire Tri-State Region Saturday and Sunday.**

## *Excessive Heat Warning*



### Hazards:

- ✓ Max heat Index values will range from:
  - ✓ 100 to 110 Fri
  - ✓ 105 to 115 Sat
  - ✓ 105 to 110 Sun
- ✓ Overnight lows in the upper 70s and lower 80s Fri Night and Sat Night

### Impacts:

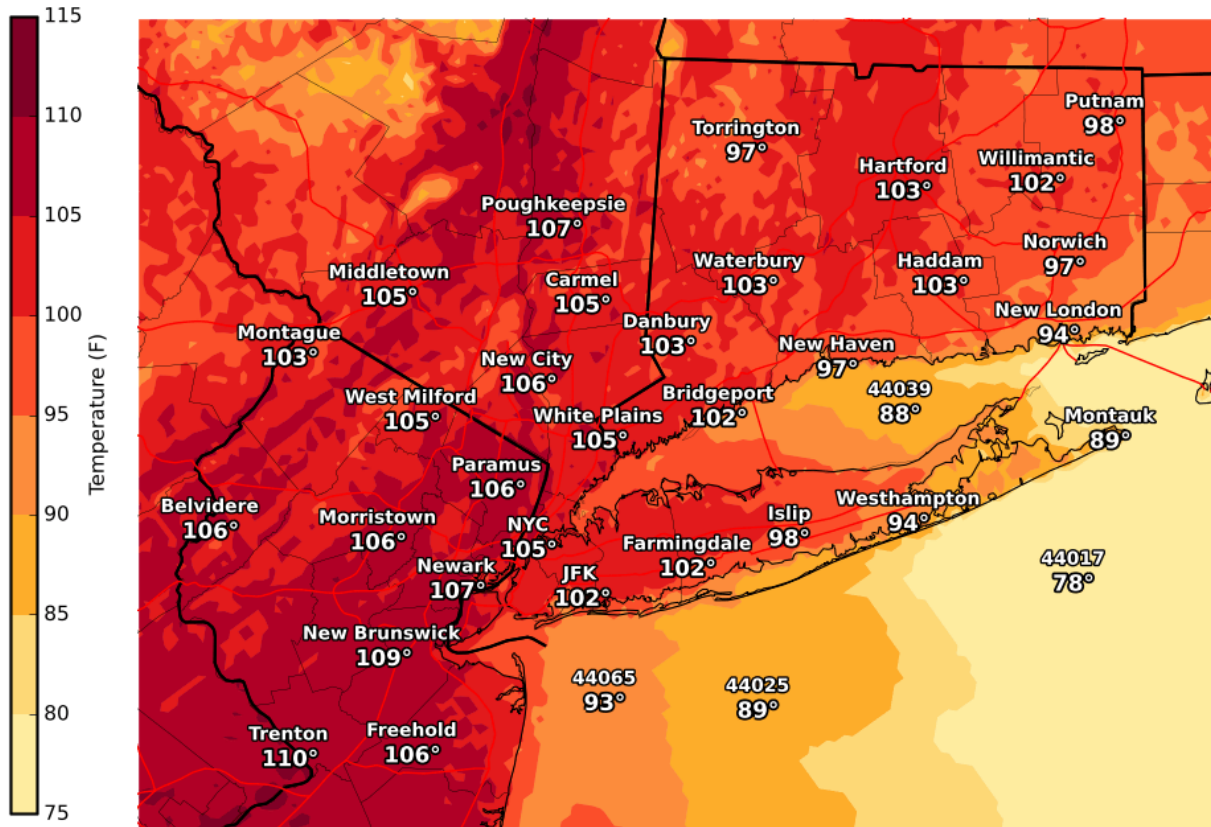
- ✓ Extreme heat can cause illness and death among at-risk population who cannot stay cool.
- ✓ The excessive heat may quickly cause heat stress or heat stroke, especially during outdoor exertion or extended exposure.

### Timing :

- ✓ The peak heat Index values will occur between 2 to 5 pm.

## Max Heat Index Values Friday

**Friday - Maximum Heat Index Temperatures**  
Valid: July 19, 2019

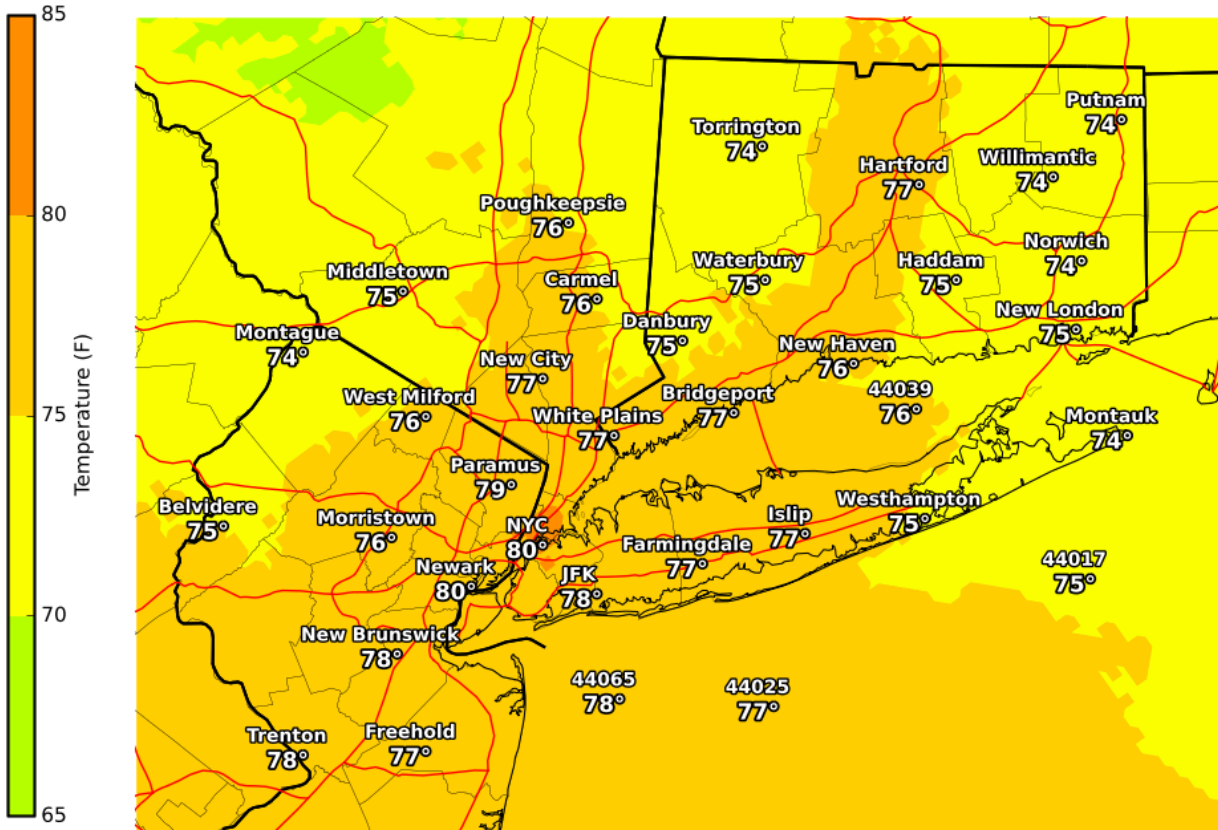


Peak Heat Index Values between 2 and 5pm

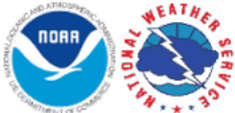
## Low temperatures Friday Night into Saturday Morning

Low Temperature from 07/19/2019 6PM to 07/20/2019 6AM

Valid: July 20, 2019



**Heat indices only  
drop to 85-90 F  
for NYC and  
NE NJ Metro.**



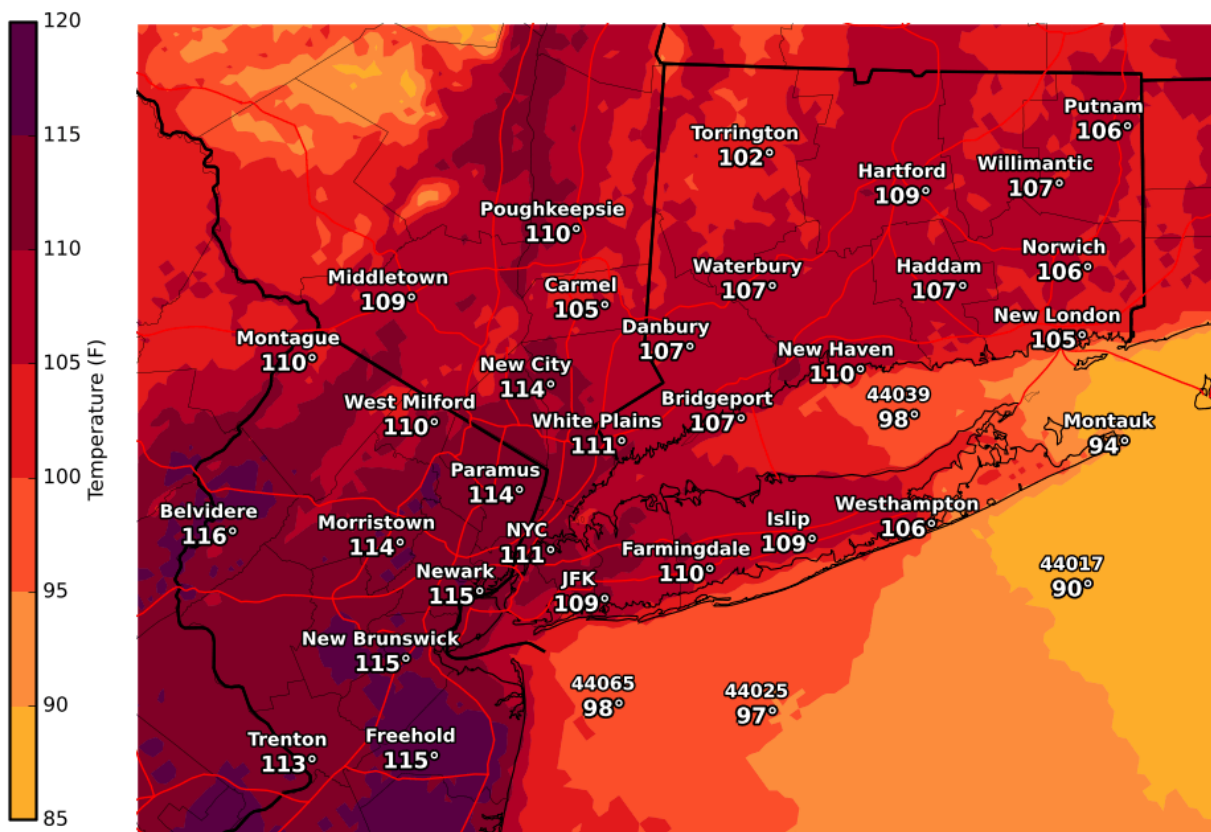
National Weather Service  
New York NY  
07/18/2019 04:32 PM EDT

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## Max Heat Index Values Saturday

**Saturday - Maximum Heat Index Temperatures**

Valid: July 20, 2019



Peak Heat Index Values expected between 2 and 5pm



**National Weather Service**  
New York NY  
07/18/2019 04:35 PM EDT

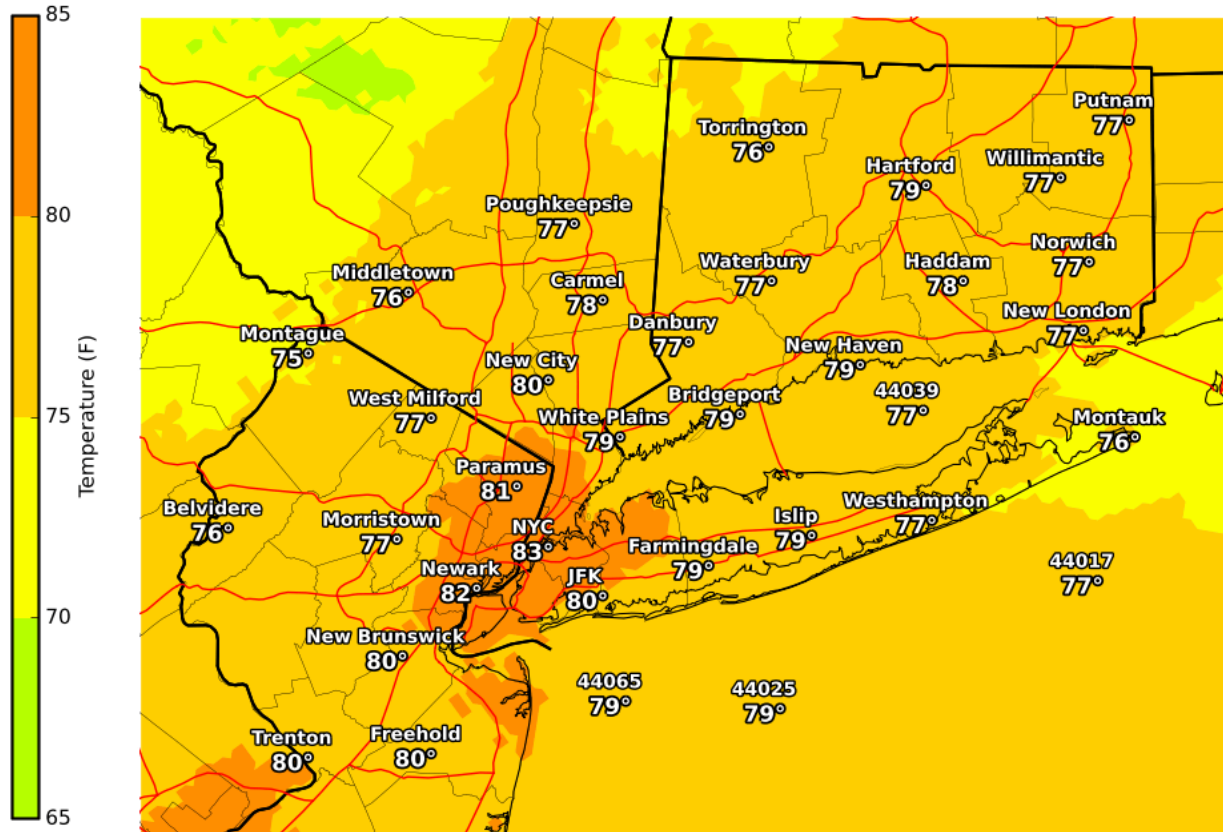
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## Low temperatures Saturday Night into Sunday Morning

**Low Temperature from 07/20/2019 6AM to 07/21/2019 6AM**  
Valid: July 21, 2019



**Heat indices only drop to around 90 F for NYC and NE NJ Metro.**



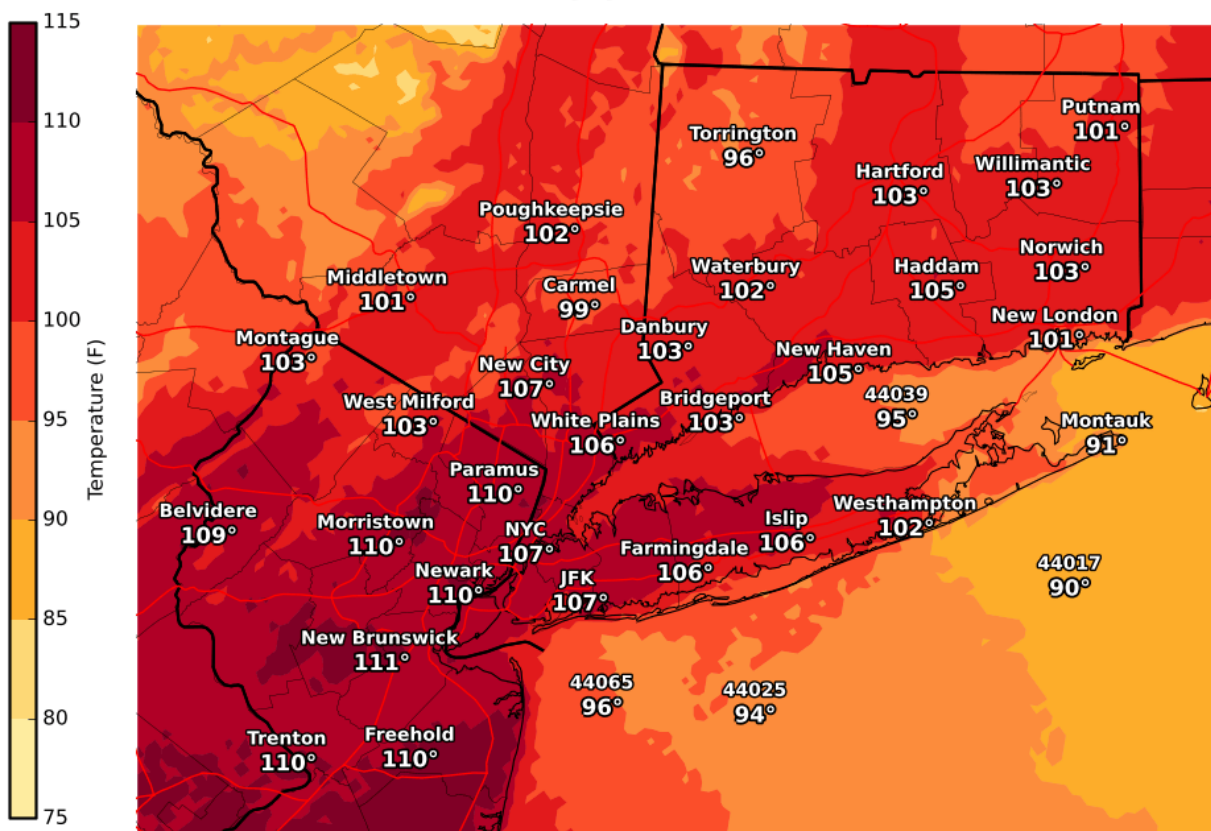
**National Weather Service**  
New York NY  
07/18/2019 04:32 PM EDT

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# Max Heat Index Values Sunday

**Sunday - Maximum Heat Index Temperatures**

Valid: July 21, 2019



Peak Heat Index Values expected between 2 and 5pm

# Heat Safety Information

## Practice HEAT SAFETY Wherever You Are

Heat related **deaths** are **preventable**.  
Protect yourself and others from the  
impacts of heat waves.



### Job Sites

Stay hydrated and  
take breaks in the shade  
as often as possible



### Indoors

Check up on the  
elderly, sick and those  
without AC



### Vehicles

Never leave kids or  
pets unattended -  
LOOK before you LOCK



### Outdoors









Limit strenuous outdoor  
activities, find shade,  
and stay hydrated




[weather.gov/heat](https://weather.gov/heat)



# Heat Safety Information

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
 Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin 
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse 		Rapid, strong pulse 
Muscle cramps 		May lose consciousness 
<ul style="list-style-type: none"> <li>• Get to a cooler, air conditioned place</li> <li>• Drink water if fully conscious</li> <li>• Take a cool shower or use cold compresses</li> </ul>		<p><b>CALL 9-1-1</b></p> <ul style="list-style-type: none"> <li>• Move person to cooler place</li> <li>• Cool using cool cloths or bath</li> <li>• Do not give anything to drink</li> </ul>

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 @SacramentoOES  
SacramentoReady.org

# Heat Safety Information

Heat Related Deaths  
**ARE** Preventable  
**LOOK BEFORE YOU LOCK**



The temperature in your car can quickly become deadly!

Outside Temperature 80°



Time Elapsed:  
**10 Minutes**



Time Elapsed:  
**20 Minutes**



Time Elapsed:  
**30 Minutes**



Time Elapsed:  
**60 Minutes**



[weather.gov/heat](https://weather.gov/heat)

[nhtsa.gov](https://nhtsa.gov)

# Forecast Uncertainty or Scenarios

- ✓ High Confidence on Dangerous Heat and Humidity levels Friday through Sunday.
- ✓ There is a low probability for isolated Strong to Severe Thunderstorms late Friday Afternoon into Friday Evening, particularly from NYC and points north and West.
  - ✓ The main threat for severe weather appears to be northwest of the local Tri-State region, but with a hot and unstable airmass over the area a minimal threat exists into the region.
  - ✓ Strong to Damaging wind gusts would be the main threat with this activity.



## Event Summary

- ✓ **Dangerous heat and humidity Friday through Sunday for the entire Tri-State Area.**
- ✓ Air Quality alert is in effect for most of the Tri-State Region on Friday due to elevated air pollution and ozone concentration levels.
- ✓ There is a low probability for isolated Strong to Severe Thunderstorms late Friday Afternoon into Friday Evening, particularly from NYC and point north and West.



# Contact and Next Briefing Information



## Next Briefing

By 600 AM July 19

Email



**Web:**

<http://www.weather.gov/okx/>



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631-924-0517



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